

SAL 101

Introduction to Student and Academic Life and Student Success





Student and Academic Life

- Bias Incident Support Services
- Campus Recreation & Wellness
- Chellgren Center
- Community of Concern
- Counseling Center
- Dean of Students Office
- Disability Resource Center
- First-Generation Student Advising
- Fraternity & Sorority Life
- Gaines Center
- K Week
- Leadership Education
- Off-campus Student Advising
- Parent and Family Association
- Residence Life
- Service Learning
- Stuckert Career Center
- Student and Academic Support
- Student Conduct
- Student Financial Wellness Center
- Student Organizations & Activities
- Student Services Center
- Transformative Learning
- UK 101 Academic Orientation Course
- Veterans Resource Center
- Violence Intervention & Prevention Center

June and July

sea
blue
GO CRAIS!



June and July

- Getting ready
- Setting up a new living space
- Some fear and anxiety
- Time for goal-setting conversations
- What resources does your student anticipate needing?





Why take UK 101?

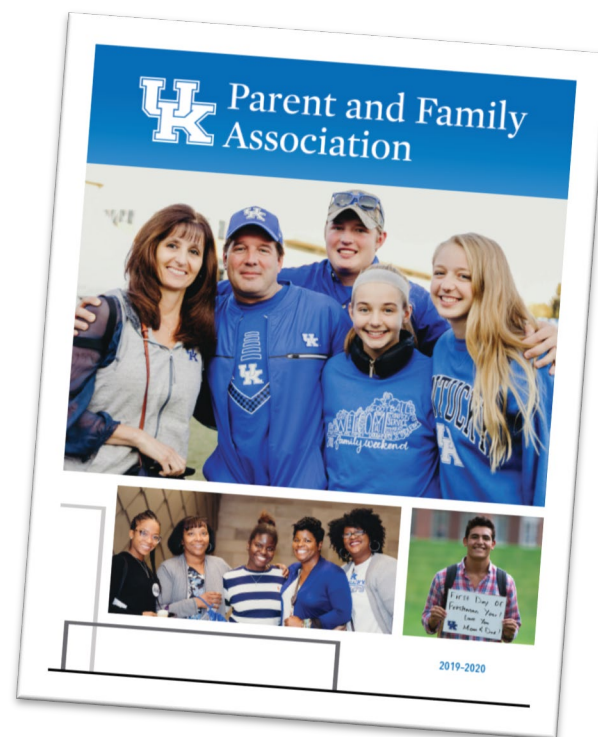
- Learn how to succeed in college
 - Small class setting
 - 1 credit hour
 - Students who take UK 101 are more likely to become sophomores.
- Topics include:
- Time management
 - Financial literacy
 - Campus resources
 - Stress and wellness
 - Academic expectations





Parent & Family Association

- Open to all parents, guardians, grandparents, and family members
- Membership is FREE!
- See the brochure in your folder to activate your free membership, and stop by the PFA table to pick up free goodies!





PFA Programs and Services

- Cat Chat emails and Cat Chat Live!
- K Week reception: Aug. 21
- Family Weekend: Sept. 13-15
- Student events
 - First Day of School Photos
 - Big Blue Thank You
- Parent Advisory Council
- Website and social media
- And more!





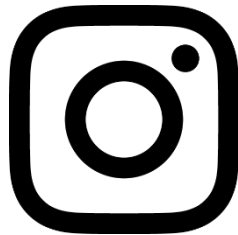
Contact the Parent and Family Association



859-257-2752

parents@lsv.uky.edu

www.uky.edu/parents



Follow us @UKparents



Well-Being Online Educational Programs

- **Mandatory**
 - AlcoholEdu – substance abuse education
 - Sexual Assault Prevention for Undergraduates
 - Important Dates
 - Monday, July 15 – Site goes active
 - Monday, August 26 – Deadline for Part One
 - Monday, October 28 – Deadline for Part Two
 - Failure to complete by the deadlines will result in academic holds.
 - Students will receive an email with more information – they need to check their UK email regularly!
- **Optional**
 - iGrad Financial Wellness (www.uky.edu/financialwellness/igrad)

August





August

- Homesickness
- New living situation
- Responsibility
- Forming new relationships
- Maintaining old relationships
- New academic environment





Counseling Center

106 Frazee Hall

859-257-8701

Monday – Friday,

8 a.m. – 4:30 p.m.

Phone consultations

Walk-in assessments 9 a.m. – 3 p.m.

www.uky.edu/counselingcenter





K Week: August 21 – 25

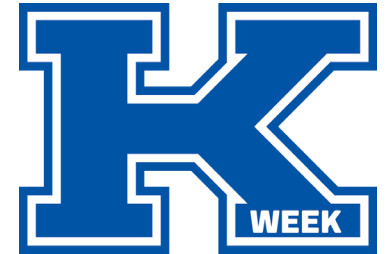
Five days designed to help students transition to UK:

- Second step in orientation process
- Attendance taken at some events
- Activities for families
- K Teams
- More information coming this summer
- www.uky.edu/KWeek
- KWeek@lsv.uky.edu
- Download our mobile app in UK Guides

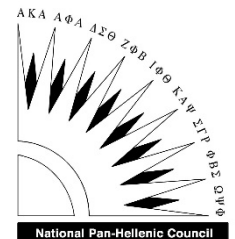
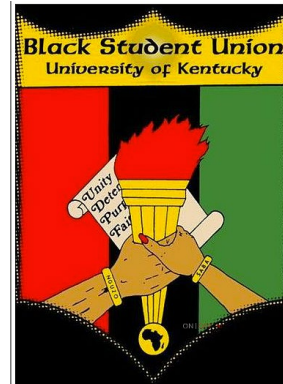
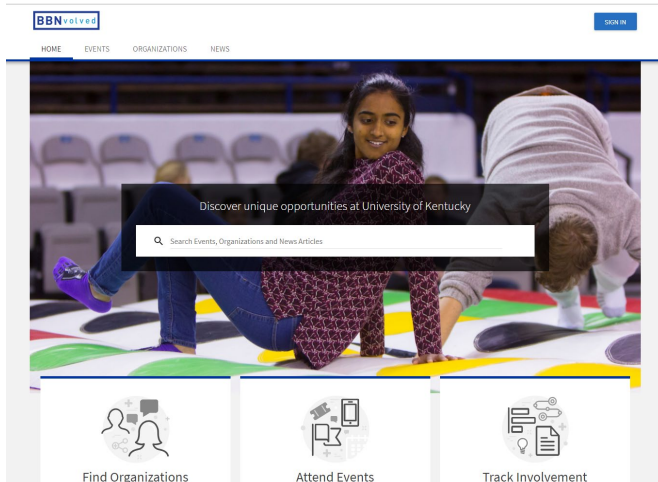




Getting Involved



THE
BLUEPRINT





The Blueprint

- Small groups based on shared hobbies and interests
- 20 options to choose from – sign up for 1 or 2
- Meet at least five times during the fall semester
- Gatherings coordinated by a K Crew student leader
- Sign up at www.uky.edu/blueprint until Sept. 6
- Makes meeting like-minded peers easy!





September



September

- Time management
- Balancing academic and social
- Encourage use of campus resources
- Encourage staying on campus
- Attend Family Weekend





Student Well-Being Unit Core Values

1. Encourage and train students on **RESILIENCE** to stressors and setbacks.
2. Provide students with resources that enable them to develop/increase **COMPASSION** for self and others.
3. Provide students with various opportunities to engage in **HEALTHY COPING MECHANISMS**.



Mental Well-Being

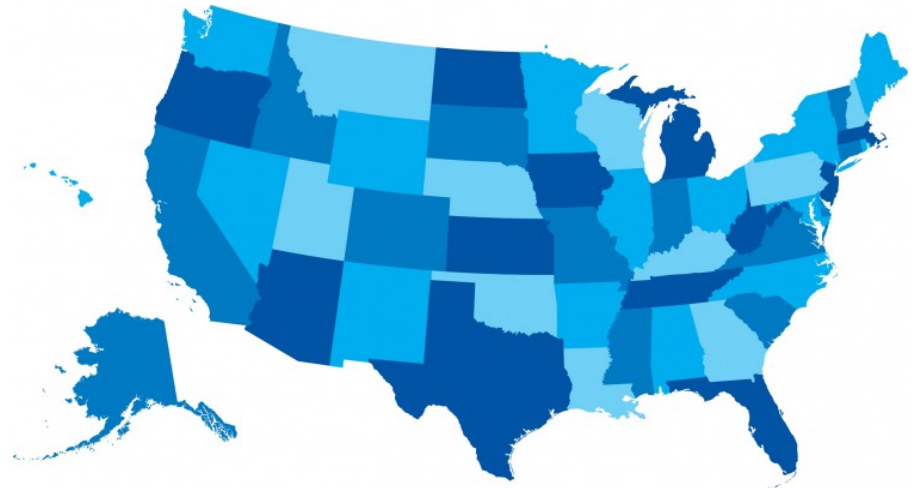
- **Disability Resource Center**
 - Register with the DRC as soon as possible. Success in high school without accommodations may not mean success in college without them.
- **Counseling Center**
 - Confidential, 1:1 counseling; group counseling; outreach programs to normalize dialogues on mental health
- **Addressing Stress, Anxiety, and Depression**
 - Depression Screening Day (fall and spring semesters)
 - Relaxation Rooms (Counseling Center and College of Nursing)
 - Koru Mindfulness Workshops
 - Mental Health First Aid Certification
 - Exercise Referral Program



A National Problem

National statistics on college student alcohol abuse (ages 18-24):

- 1,825 deaths
- 690,000 assaults
- 97,000 sexual assaults

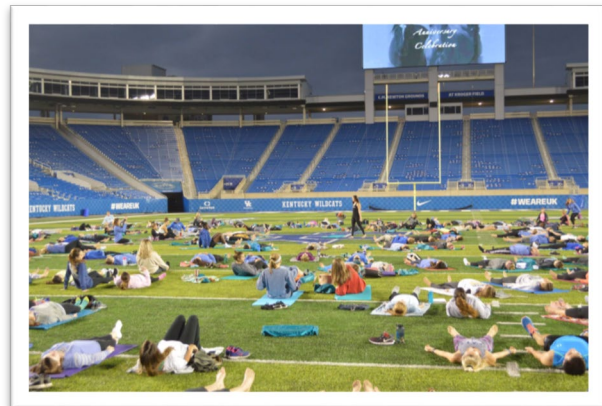


- National Institute on Alcohol Abuse and Alcoholism (2017), ***College Drinking Fact Sheet***



Our Response

- WellKentucky.org
- Mind/Body Skills Development Workshops
- Recovery Community
- Youth Outreach
- Student Leadership Opportunities






Contact Student Well-Being

Drew.Smith02@uky.edu

859-257-9687

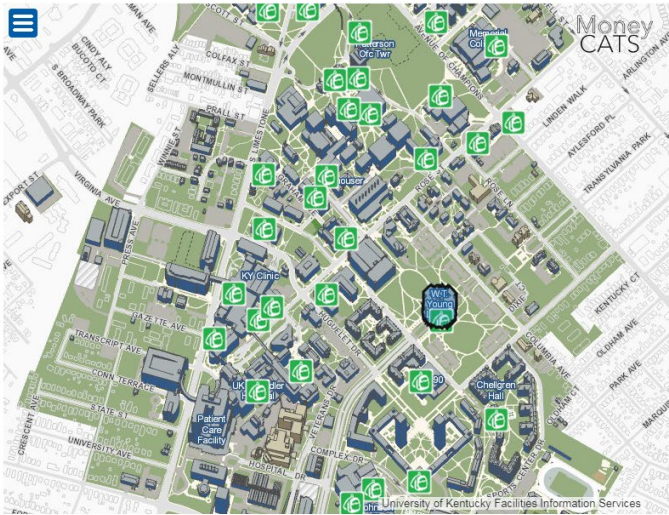
www.uky.edu/wellness

 University of Kentucky

myUK

[Home](#) / [Resource Map](#)

Resource Map



[Home](#)
[About Us](#)
[Campus Rec and Wellness](#)
[Counseling Center](#)
[Bias Incident Support Services](#)
[Disability Resource Center](#)
[Financial Wellness](#)
[Resource Map](#)
[VIP Center](#)
[Contact Us](#)

Related Offices/Services:
[University Health Services](#)
[Student Financial Aid & Scholarships](#)
[Community of Concern](#)
[Office of Student Conduct](#)
[Collegiate Recovery Community](#)
[Big Blue Pantry](#)
[Institutional Equity and Equal Opportunity](#)
[LGBTQ Resource Center](#)

Resource Map

Map

W.T. Young Library



Location Information



Parking Information



Student Resources



Media Depot

Location: Basement

Resource Type: Academic

[Website Link](#)

The Hub

Location: Basement

Resource Type: Academic

[Website Link](#)

Writing Center

Location: Rm B108

Resource Type: Academic

[Website Link](#)



Family Weekend



September 13 – 15

Book hotels now!

Schedule of events includes:

- Family Weekend tailgate party (*tickets on sale now!*)
- UK football game (*tickets on sale July 8*)
- UK Dining Bluegrass Brunch
- Lunch at Spindletop (*tickets on sale now!*)
- Athletic and cultural events
- Exploring Lexington
- Much more!
- T-shirts sold separately (*pre-purchase now*)



October



October

- Increasing academic stress
- Encourage use of academic resources
- Midterm exams and final drop deadline
- Fall break
- Office hours
- Academic alerts
- Meet with academic advisor
- Complete FAFSA for following year





Pop Quiz: Important Dates

- AlcoholEdu and SAPU Part One
 - August 26
- Move-in
 - August 17, 19, or 21
- K Week
 - August 21 – 25
- Family Weekend
 - September 13– 15





November



November

- Increasing academic pressure
- Procrastination
- Looming deadlines
- Stress
- Encourage good personal wellness
- Financial concerns
- Students need to take responsibility and ask for help.



December





December

- Stress of final exams
 - www.uky.edu/Registrar/calendar
- Returning home for break
- Discuss expectations for break
- Communicate about break plans and holidays
- Encourage stress-reducing activities





Final Exam

- What do you need to activate to stay informed about campus resources and events?
 - Your free Parent and Family Association membership
- When will PFA members begin receiving Cat Chat emails?
 - August
- What does your student need to be checking regularly throughout the summer?
 - UK email – **IMPORTANT!!**



Final Exam

- We encourage you to have goal-setting conversations with your Wildcat now and throughout their time at UK. What types of questions should you include?
 - a) What GPA do you want to earn this semester?
 - b) What study habits will it take to earn that GPA?
 - c) What campus resources can help you achieve success?
 - d) All of the above
- What's the next step in the orientation process?
 - a) "see blue." U
 - b) Kentucky Welcome
 - c) K Week
 - d) Wildcat Welcome

Course Evaluation